Supporting Information

Effects of Quercetin on Adiponectin-Mediated Insulin Sensitivity in Polycystic Ovary Syndrome: A Randomized Placebo-Controlled Double-Blind Clinical Trial

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Fig. 1S The correlation of fold changes of adiponectin with HOMA-IR a, BMI b, WHR c, and WC d by the intervention groups.
Table 1S The effectiveness of supplementation with quercetin with regard to the improvement of HOMA-IR (fold changes less than 1), total and HMW adiponectin (fold increase > 1).

<table>
<thead>
<tr>
<th>Post-treatment Outcome</th>
<th>Placebo</th>
<th>Quercetin</th>
<th>Total</th>
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<tbody>
<tr>
<td>No improvements</td>
<td>26</td>
<td>10</td>
<td>36</td>
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<tr>
<td>Non-events (beneficial outcome)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Improvement of HOMA-IR AND total AND HMW adiponectin</td>
<td>14</td>
<td>32</td>
<td>46</td>
</tr>
<tr>
<td>Total</td>
<td>40</td>
<td>42</td>
<td>82</td>
</tr>
<tr>
<td>Event Rate</td>
<td>0.65</td>
<td>0.24</td>
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<tr>
<td>Number Need to Treat (NNT) with 95% CI</td>
<td>2.43 (2.39–2.47)</td>
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<tr>
<td>Relative Risk (RR) with 95% CI</td>
<td>0.37 (0.21–0.64)</td>
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<tr>
<td>Odds Ratio (OR) with 95% CI</td>
<td>0.168 (0.163–0.174)</td>
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<tr>
<td>Chi-square p-value</td>
<td>0.000172 ($\chi^2 = 14.114$)</td>
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